

Training and Resources

Safe Horizon's Anti-Stalking Program provides external training on stalking issues as well as a full day "Dynamics of Stalking" training workshop. Safe Horizon's training workshops keep the community informed of developments in stalking legislation, safety issues, and victim assistance. Past recipients of training have included mental health professionals, law enforcement personnel, and academic professionals.

Contact us if:

- You are a victim of stalking or know someone who is a victim of stalking
- You are interested in more information about arranging or attending an anti-stalking training workshop
- You would like more information about the services Safe Horizon provides for victims of stalking

Safe Horizon

Safe Horizon is the nation's leading nonprofit victim assistance, advocacy, and violence prevention organization. With a staff of over 900, Safe Horizon offers over 75 programs throughout New York City's five boroughs. Our programs in community offices, shelters, courts, police precincts, and schools help over 250,000 New Yorkers each year.

www.safehorizon.org

For crisis counseling, referrals, information on obtaining orders of protection, court/police accompaniment, safety planning, and other assistance:

Safe Horizon's 24-hour Crime Victims Hotline
212 577 7777 (TTY) 800 810 7444

For counseling, referrals to other domestic violence services in your neighborhood, and information on domestic violence shelters, obtaining orders of protection, and safety planning:

Safe Horizon's 24-hour Domestic Violence Hotline
800 621 HOPE (TTY) 800 810 7444

For referral to your local precinct:
New York City Police Department 212 374 5000

To report telephone harassment and get help in documenting harassing phone calls:
Unlawful Call Center 800 518 5507

If you are in immediate danger, call 911.

Anti-Stalking Program



What is Stalking?

Stalking involves intentional and repeated behaviors that place an individual in reasonable fear for his or her safety. Stalking is a course of conduct used to maintain contact with, or exercise power and control over, another individual. Stalking is a crime, and you can get help.

How Safe Horizon Helps

Safe Horizon's Anti-Stalking Program was the first New York State victim assistance program focusing on the crime of stalking. With state coalitions and local District Attorneys' offices, Safe Horizon was instrumental in the passage of anti-stalking legislation that went into effect in New York on December 1, 1999. The law helps victims by recognizing that stalking is a crime of escalation that can result in physical injury and even death. Safe Horizon's Anti-Stalking Program provides the following:

- Risk assessment and safety planning
- Crisis intervention and emotional support
- Short-term individual counseling
- Advocacy within the criminal justice system
- Assistance in documenting stalking incidents
- Lock replacement
- Cellular phones that dial 911
- Help with New York State Crime Victims Board applications
- Referrals to other services
- Presentations, training, and community outreach

Signs That You Are Being Stalked

Anyone can be a victim of stalking. People who engage in stalking behavior can be a former intimate partner, stranger, or acquaintance.

You are being stalked if someone is:

- Repeatedly following or spying on you
- Repeatedly calling your home and/or work
- Repeatedly sending unwanted e-mails, letters, faxes
- Leaving unwanted gifts or items for you
- Vandalizing or damaging your property
- Threatening you or someone close to you
- Repeatedly showing up for no legitimate purpose at places where you are

Important Facts

- 1 in 12 women are stalked at some point in their life
- A woman is 3 times more likely to be stalked than raped
- Each year an estimated one million women and 370,000 men are stalked in the United States
- 80% of all restraining orders obtained against stalkers are violated
- More than 13% of college women indicate that they have been stalked
- 59% of female victims are stalked by current or former intimate partners

What To Do If You Are Being Stalked

- Tell the stalker to leave you alone once and only once. Do not negotiate with your stalker.
- Keep a log of incidents including the date, time, what happened, and the names of any witnesses. Even if you decide not to pursue prosecution now, you may change your mind in the future, and it will be helpful to have documentation of every incident.
- If you have a restraining order, make several copies, and carry a copy with you at all times.
- Save any packages, letters, messages, or gifts from the stalker.
- Get a post office box from a private company and use it on all correspondence. For those places that will not accept a post office box, change "P.O. Box" to "Apartment."
- Use an answering machine to screen calls. Save all voicemail messages from the stalker, or record them to a tape recorder and save the tapes.
- Acquaint yourself with 24-hour stores and other populated areas in your neighborhood. If someone is following you, go to one of these places rather than your home, and call the police.
- Inform security at your place of employment that you are being stalked.
- Inform people you know that you are being stalked so that the stalker cannot get information about you from them.
- If you have a picture of your stalker, give one to people you know at the places you frequent.